

FALL 2020

Produced by the Department of Senior Services

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SENIOR RESOURCE CENTER

- SENIOR SERVICES**
973-569-4060
- TRANSPORTATION**
973-305-5756
- ENERGY ASSISTANCE**
973-569-4032
- NUTRITION SERVICES**
973-569-4099
- ADULT DAY CARE**
973-569-4080
- VETERANS AFFAIRS**
973-569-4090

From the Desk of the Executive Director...

The pandemic shut our doors and challenged us to be creative in continuing our services to the community. Our mission was not to lessen services but to keep the quality intact to those we serve. Our vision is to always value our elderly, veterans, disabled individuals and to treat them with the respect they have earned.

The staff of the Department of Senior Services and its divisions (Adult Daycare, HEA/Weatherization, Nutrition/Meals on Wheels, Paratransit & Veterans Affairs) want you to know that you all are worth what we do.

From our hearts to yours.

Shirley Force, Executive Director
Passaic County Department of Senior Services, Disability & Veterans Affairs

MEDICARE ANNUAL ENROLLMENT: OCTOBER 15 THROUGH DECEMBER 7

From October 15th to December 7th you can:

- Find out the best time to sign up for Medicare
 - Join or switch a Medicare Prescription Drug Plan (Part D)
 - Join or switch a 2021 Medicare Advantage Plan (Part C)
 - Take time to shop & review health and drug plan choices to choose the best plan or to review your current plan
 - In network versus out of network cost
 - Who pays first (employer plan versus Medicare)
- ❖ SHIP (State Health Insurance Assistance Program) provides free help to Medicare beneficiaries who have questions or concerns about their health insurance. Our certified counselors will provide free and unbiased counseling. We provide information and assistance so that you can make your own decisions.
- Call us to speak with a SHIP counselor at 973-569-4060

Or accept our invitation and join us for the

Passaic County Medicare Educational Virtual Seminar on Medicare Parts: A, B, C & D

Free unbiased information will be presented on all of the above and more

Thursday, October 22, 2020

10:00 AM – 12:00 PM

To participate virtually or by phone, you will need to pre-register by calling 973-569-4060 no later than October 15.

Flu & COVID-19: #StopTheSpread

Flu and COVID-19 are both contagious respiratory diseases. Although there may be differences in symptoms and how long you are contagious, the following groups are at high-risk for complications from both flu and COVID-19:

- Older Adults
- Racial & Ethnic Minority Groups
- Those with Certain Chronic Health Conditions

Things you can do to help #StopTheSpread of both flu and COVID-19



Wear a mask in public



Practice social distancing by staying at least 6 feet apart from others



Wash hands frequently with soap and water or hand sanitizer



Avoid touching your eyes, nose, and mouth



Clean and disinfect frequently touched surfaces



Stay home and avoid contact with others when sick

THE BEST WAY TO HELP PROTECT AGAINST FLU IS TO **GET VACCINATED EACH YEAR**

Getting vaccinated against flu can help prevent illness and hospitalization

If you think you have been exposed to COVID-19, **call a healthcare professional right away**

For more information about flu and COVID-19, visit www.nfid.org



**A Message from Freeholder Director Cassandra “Sandi” Lazzara,
the Board of Chosen Freeholders and County Administrator**

We are pleased to announce that Passaic County Division of Paratransit provides transportation services to senior citizens and individuals with disabilities.

To schedule a ride for the below Municipalities, please call 973-305-5756 during the hours of 8 a.m. and 4 p.m.

| | | | | |
|-----------------|---------------|---------------|---------|---------------|
| Bloomingtondale | Little Falls | Pompton Lakes | Totowa | West Milford |
| Haledon | North Haledon | Prospect Park | Wanaque | Woodland Park |
| Hawthorne | Paterson | Ringwood | Wayne | |

Welcome Paterson Riders to our Paratransit Family!

Residents of the City of Clifton please call: Clifton Outreach 973-470-2235
 Residents of the City of Passaic please call: Senior Affairs 973-365-5754

**The Passaic County Department of Senior Services and
 Northeast New Jersey Legal Services are hosting a virtual presentation on the**

“The Big Four: Testamentary Will, Power of Attorney, Living Will & Advance Healthcare Directive”

**Tuesday, November 10, 2020
 10:00 AM to 10:45 AM**

For information and to register,
 please call the Passaic County Department of Senior Services at 973-569-4060 by Monday, November 2.

**Please note that a computer is not required to participate in the virtual presentation:
 you will have the ability to participate by phone.*



**NORTHEAST NEW JERSEY
 LEGAL SERVICES**

Veterans Day 2020

Across this great nation, we will pause and remember the men and women who have given so much to ensure that we enjoy our freedom as we know it today.

We will recognize the selfless sacrifices made by our military personnel, both past and present, defending us and our way of life.

Let us keep our troops in our thoughts on Veterans Day so they may return safely to their loved ones and enjoy the same liberty and freedom that they have protected.

- Passaic County Board of Chosen Freeholders



S S C N O R T H B S G H R L Y
 S N Y A G E Y Z M N J Z I O P
 Y N O A N I L J W O X G J E U
 R E O I D D F O A I H R A S E
 E C K W T I L T P T E C A T S
 E C L R F A L E S U E I N N H
 H O K M U L R O S L P E O E A
 C U R B G T A O H O A S R S P
 S N O W M A N K C S A L A E P
 C T J U Z J D U E E D E E R Y
 G D Z H V F N N S R D I Y P Y
 V O B F G R E E T I N G S L S
 C W E J O S E V A E L H L Z E
 F N P C S R A T S L Q O N E W
 E T A R B E L E C V J A N K L

Holiday Greetings

- | | |
|------------|-------------|
| CANDLES | LIGHTS |
| CORNUCOPIA | PEACE |
| GIFTS | RESOLUTIONS |
| HOLIDAYS | SNOWFLAKE |
| LEAVES | TURKEY |
| NORTH | CHEER |
| PRESENTS | DECORATIONS |
| SLEIGH | HAPPY |
| STARS | JOY |
| CELEBRATE | NEW |
| COUNTDOWN | POLE |
| GREETINGS | SEASONS |
| JOLLY | SNOWMAN |



WELLNESS WEDNESDAYS

Wellness Wednesdays webinars with Family & Community Health Sciences (FCHS) will focus on a variety of topics related to food, nutrition, and healthy lifestyles.

This series will walk you through the easy steps that you can take to add positive health behaviors into your day. From health kitchen hacks to chronic disease prevention, now is the time to make some of those small changes that will improve your health in a large way.

Join us on Wednesdays at 2:00 p.m. to learn from experts in the Department of Family & Community Health Sciences, Rutgers Cooperative Extension. All sessions are free and will last approximately 45 minutes. To join, you will need either a computer, tablet, or smartphone with speakers.

You must register to participate.

See below for the title and descriptions of each webinar and click on the link below to register.

September 9

Melt in Your Mouth Slow Cooker Meals

<https://go.rutgers.edu/2lvgw6h>

September 16

Uncovering the Enigma of the Instant Pot

<https://go.rutgers.edu/885qy5fi>

September 23

Thirty Minute Meals

<https://go.rutgers.edu/wdjzus6e>

September 30

Do It Yourself Baby Food

<https://go.rutgers.edu/nr813oeu>

October 7

Stocking Your Mediterranean Pantry

<https://go.rutgers.edu/885qy5fi>

October 14

Reducing the Risk of Cardiovascular Disease with Fiber

<https://go.rutgers.edu/8vftf6ma>

October 21

Strong Bones

<https://go.rutgers.edu/bop24aip>

October 28

Prediabetes: Take Action with the National Diabetes Prevention Program

<https://go.rutgers.edu/nyqtqsh2>

All our previous sessions and the new session registration and details can be found at:

<https://njaes.rutgers.edu/online-event-series/wellness-wednesdays.php>

Winter Safety

Getting your home ready for winter - Below are some safety tips to prepare your home for the winter, keeping you safe.



Safety

- Check smoke and carbon monoxide detectors and replace batteries as needed.
- Keep a fire extinguisher handy and ensure everyone knows how to use it.
- If you leave your home for any period of time, have a neighbor or someone you trust check on your home daily.



Emergency Kit

- Prepare an emergency kit: flashlight, phone list, bottled water, non-perishable food, blankets, first aid kit, medications and pet food for your pet.



Thermostat

- Make sure you keep your house heated to at least 60 degrees, even when you are not home.
- Consider installing programmable thermostats to regulate the temperature.



Windows and Doors

- Check weather-stripping, patch or caulk as needed.
- Consider thick drapes to help keep heat inside.



Tree Branches*

- Check tree branches and trim those close to the house or power lines (when easily accessible).



Roof & Gutters*

- Check for loose shingles and flashing.
- Clean out gutters and downspouts.



Furnace*

- Clean or replace your filter every 4-6 weeks.
- Check all fireplaces, chimneys and flues.



Hoses and Faucets

- Disconnect hoses and store inside.
- Locate the main water shut-off valve and know how to use it.
- Wrap outside pipes and spigots.



Pipes

- If the temperature drops below 20 degrees, let water trickle in all faucets.


* Your health and safety are important to us. Please be sure to consult a professional for assistance with these tips.

Spice It Up!

How Adding Some Extra Flavor to Your Meals Can Give You a Health Boost

By Megan Denos, Montclair State University Dietetic Intern

Sara Elnakib, RD, MPH, CHES, Family and Community Health Sciences Educator

| Spice | Health Benefits | How To Use It |
|---|--|--|
|  <p style="text-align: center;">Cinnamon</p> | <ul style="list-style-type: none"> • Studies show that cinnamon may help lower LDL (“bad”) cholesterol as well as blood sugar. • Cinnamon has very potent antioxidant effects. | <ul style="list-style-type: none"> • It is very versatile so it can be used in sweet or savory dishes. • Try sprinkling on cereal, oatmeal, yogurt, or toast! • Try adding to meat marinades or a quinoa salad. |
|  <p style="text-align: center;">Garlic</p> | <ul style="list-style-type: none"> • Research has shown that garlic may promote cardiovascular health. • People who consume more garlic may have a lower chance of developing certain types of cancer, particularly stomach and colon cancers. | <ul style="list-style-type: none"> • It is a popular addition to Chinese, French, Greek, Indian, Italian, and Spanish cuisines – just to name a few! • Use minced garlic in soups, marinades, and sauces. |
|  <p style="text-align: center;">Ginger</p> | <ul style="list-style-type: none"> • Ginger has been used for many years to help with nausea, bloating, and heartburn. • It also functions as an antioxidant – it may protect organs and tissues in the body from oxidative stress in order to prevent growth and development of cancer. | <ul style="list-style-type: none"> • Ginger is a great way to add a gentle spice to many foods. • Try adding it to smoothies, yogurt, oats, or cereal. • It makes a great addition to salad dressings, stir fries, or vegetables. |
|  <p style="text-align: center;">Turmeric</p> | <ul style="list-style-type: none"> • Research shows that turmeric may help prevent heart disease, arthritis, Alzheimer’s disease, and certain cancers. • The polyphenol compound in turmeric, curcumin, inhibits expression of the gene that is thought to lead to breast cancer growth. | <ul style="list-style-type: none"> • This spice adds a little bit of a curry flavor and a bright yellow color! • It goes great with rice, vegetable dishes, curry dishes, and even tea. |
|  <p style="text-align: center;">Cloves</p> | <ul style="list-style-type: none"> • Cloves are filled with polyphenols, which have antioxidant properties. • Cloves have shown their capability to inhibit multiple oxidative processes that are damaging to the body. | <ul style="list-style-type: none"> • This spice goes well in any dish with cinnamon or ginger. • Try adding it to pancakes, muffins, applesauce, oatmeal, or mashed sweet potatoes. |
|  <p style="text-align: center;">Oregano</p> | <ul style="list-style-type: none"> • Oregano is packed with phytonutrients and has a very high antioxidant capacity. • Research shows that it may increase antioxidant activity in the brain as well as total antioxidant status of the body. | <ul style="list-style-type: none"> • This spice goes well in many Italian dishes, try it in pasta and pizza sauces! • Get creative and add it to scrambled eggs, salad dressings, grilled cheese sandwiches, or sautéed vegetables. |

For more information, please visit:

- Passaic.njaes.rutgers.edu/fchs
Rutgers Cooperative Extension of Passaic County
- www.eatright.org

**Passaic County Board of
Chosen Freeholders**

Director
Cassandra "Sandi" Lazzara

Deputy Director
Pasquale "Pat" Lepore

Assad R. Akhter

John W. Bartlett

Theodore "TJ" Best, Jr.

Terry Duffy

Bruce James

County Administrator

Anthony J. DeNova III

The State Health Insurance Assistance Program (SHIP) is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living (ACL). Currently in the nation there are 59 million Medicare beneficiaries, including people who are 65 and older and people who have a permanent disability. Many have difficulty navigating Medicare and the health care system on their own. Some do not get the care they need because they cannot pay and do not know about programs that provide help. Others, (the many caregivers who assist family members, friends and neighbors) need answers and guidance. SHIP counselors provide free one-on-one Medicare counseling.

Please contact Dinorah Luciano, Passaic County SHIP coordinator at 973-569-4060.

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Disability & Veterans Affairs
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